

E - Cigarettes

MYTHS vs FACTS

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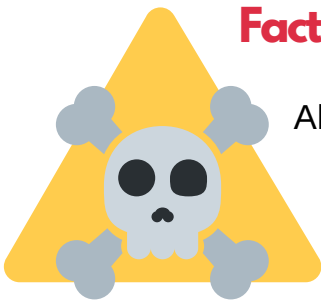
What is an E-Cigarette?

Electronic cigarettes, also known as **e-cigarettes, e-cigs, e-pens or vape pens**, are battery powered, hand-held devices that heat and vaporize a chemical liquid to produce vapors. E-cigarette smokers inhale these vapors and produce large vapor clouds. This is known as **vaping**.

E-cigarettes are used to replace the feeling of smoking tobacco cigarettes and have become very popular in the U.S. Not all e-cigarettes contain tobacco, however they are considered a tobacco product by the Food and Drug Administration (FDA).

Myth: You can't get addicted to e-cigs.

Fact: Most e-cigs contain nicotine, a highly addictive chemical.



Although studies reveal that e-cigarettes contain fewer high-risk chemicals and carcinogens than tobacco cigarettes, they are still addictive. E-cigarettes are especially addictive for teens, young adults, pregnant women, or adults who have never smoked.

Myth: The FDA approves e-cigs as an effective aid to quit smoking.

Fact: e-cigs are not FDA approved as a quitting aid.

As of 2018, There are 7 FDA approved medications to help users quit smoking; e-cigarettes are not one of them. If you would like to stop smoking, talk to your doctor or dentist. They will help you find an aid that is right for you.

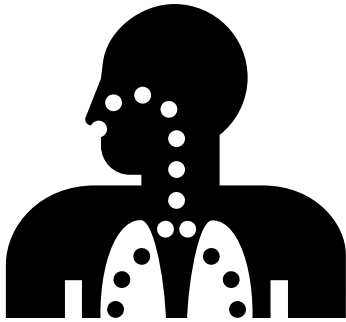


“ I don't think [an e-cigarette] helps you quit smoking. I think it just holds you over 'til you get a real cig. That's what I was using it for. ”

*-Current Smoker
San Antonio, TX*

Myth: Secondhand e-cig vapor clouds are harmless for non-smokers.

Fact: The ingredients in e-cig vapor clouds contain chemicals that can be harmful to your health.



The large vapor clouds that are inhaled by smokers (and people around them) can contain and lead to:

- lead - respiratory disease and lung cancer
- propylene glycol - throat, eye, and lung irritation
- vegetable glycerin - organ damage

Myth: E-cigs cannot harm my mouth.

Fact: E-cig smoking is harmful for your oral health.

E-cig smoking can lead to puffy, bleeding gums and may cause staining of the teeth. There is evidence that e-cig liquid contains chemicals that can harm your mouth.



“ She had green stains [on her teeth]. It was very hard to come off. ”

-Pediatric dentist

San Antonio, TX

Myth: E-Cig explosion or injuries do not happen.



Fact: The FDA reports that e-cigs have been known to explode while in the mouths of smokers.

The FDA encourages consumers to report explosions and other unintended injuries related to e-cig smoking. The most common injuries affecting the mouth include **burns and chipped or displaced teeth.**

References:

1. E-cigarettes and Lung Health. (n.d.). Retrieved from <https://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>
2. Debunking the Myths of Electronic Cigarettes. (2014, June 04). Retrieved October 08, 2018, from <https://shcs.ucdavis.edu/blog/archive/health-trends/debunking-myths-electronic-cigarettes-e-cigs>